## WHAT IS CLAIMED IS:

1. A roller mechanism for transporting loads over a surface, comprising: a body;

at least one roller assembly that permits the body to move in at least one translational direction, the roller assembly being rotatably connected to the body; and a lifting mechanism attached to the body such that the body is selectively rotatable relative to the lifting mechanism;

wherein the lifting mechanism can be operated to lift the roller assemblies out of contact with the surface.

- 2. The roller mechanism of claim 1, wherein the lifting mechanism includes at least one projection and the body includes at least one detent that receives the at least one projection; and wherein the at least one projection and the at least one detent maintain the body in a fixed rotatable position relative the lifting mechanism.
- 3. The roller mechanism of claim 2, wherein the body is rotatable relative to the lifting mechanism when the at least one projection is not engaged with the at least one detent.
  - 4. The roller mechanism of claim 1, wherein the body includes a top wall; and the lifting mechanism comprises:

a hydraulic cylinder that extends through the top wall of the body, and a structural member that (a) is attached to or integral with an outside surface of the hydraulic cylinder, (b) is below the top wall of the body and (c) selectively engages the top wall of the body.

- 5. The roller mechanism of claim 4, wherein the structural member contacts a lower surface of the top wall after the hydraulic cylinder extends a predetermined distance.
- 6. The roller mechanism of claim 5, wherein the lifting mechanism includes at least one projection and the body includes at least one detent that receives the at least one projection; wherein the at least one projection and the at least one detent maintain the body in a fixed rotatable position relative the lifting mechanism when engaged and the at least one projection is disengaged from the at least one detent when the hydraulic cylinder extends the predetermined distance.
  - 7. The roller mechanism of claim 4, wherein the structural member is a lift ring.
- 8. The roller mechanism of claim 4, wherein the roller assembly is a chain roller assembly.

- 9. The roller mechanism of claim 1, wherein the lifting mechanism has a retracted state and an extended state and includes a foot which is not in contact with the surface when the lifting mechanism is in the retracted state, but which contacts the surface when the lifting mechanism is in the extended state.
- 10. The roller mechanism of claim 9, wherein when the lifting mechanism is in the extended state, the lifting mechanism supports the body and the at least one roller assembly above the surface.
  - 11. A roller mechanism for transporting loads over a surface, comprising: a body;

at least one roller assembly that permits the body to move in at least one translational direction, the roller assembly being rotatably connected to the body; and a lifting mechanism attached to the body such that the body is selectively rotatable relative to the lifting mechanism and the lifting mechanism can be operated to lift the body and the at least one roller from the surface.

- 12. The roller mechanism of claim 11, wherein the lifting mechanism includes at least one projection and the body includes at least one detent that receives the at least one projection; and wherein the at least one projection and the at least one detent maintain the body in a fixed rotatable position relative the lifting mechanism.
- 13. The roller mechanism of claim 12, wherein the body is rotatable relative to the lifting mechanism when the at least one projection is not engaged with the at least one detent.
  - 14. The roller mechanism of claim 11, wherein the body includes a top wall; and the lifting mechanism comprises:

a hydraulic cylinder that extends through the top wall of the body, and a structural member that (a) is attached to or integral with an outside surface of the hydraulic cylinder, (b) is below the top wall of the body and (c) selectively engages the top wall of the body.

- 15. The roller mechanism of claim 14, wherein the structural member contacts a lower surface of the top wall after the hydraulic cylinder extends a predetermined distance.
- 16. The roller mechanism of claim 15, wherein the lifting mechanism includes at least one projection and the body includes at least one detent that receives the at least one projection; and wherein the at least one projection and the at least one detent maintain the body in a fixed rotatable position relative the lifting mechanism when engaged and the at

least one projection is disengaged from the at least one detent when the hydraulic cylinder extends the predetermined distance.

17. A roller mechanism for transporting loads over a surface comprising: a body;

at least one roller assembly that permits the body to move in a translational direction, the at least one roller assembly being rotatably connected to the body; and

a lifting mechanism having a retracted state in which the lifting mechanism does not contact the surface and an extended state in which the lifting mechanism contacts the surface and supports the body and the roller assembly above the surface;

wherein the body and the roller assembly are rotatable relative to the lifting mechanism when the body and the roller assembly are not in contact with the surface.

- 18. The roller mechanism of claim 17, wherein the lifting mechanism includes: a hydraulic cylinder,
  - a foot which selectively engages the surface,
  - a structural member located within the body, and
  - a load bearing surface,

wherein the foot, structural member and load bearing surface are connected to the cylinder.

- 19. The roller mechanism of claim 18, wherein the structural member engages the body to raise the roller assembly above the surface.
- 20. A method of operating a roller mechanism on a surface, the roller mechanism having a body, at least one roller assembly for moving the body in at least one translational direction over the surface, the roller assembly being rotatably connected to the body, and a lifting mechanism, comprising the steps of:

lifting, with the lifting mechanism, a load that has been placed on the roller mechanism by a predetermined distance;

lifting, with the lifting mechanism after the load has been lifted the predetermined distance, the load, the body and the at least one roller assembly until the at least one roller assembly is out of contact with the surface; and

rotating the body relative to the lifting mechanism.